

WHAT IS CLAIMED IS:

1. A portable punching exercise device, comprising:

a base;

5 a plurality of legs attached to the base and selectively pivotable between a first ground-engaging position and a second folded position; and a padded punching bag resiliently fixed to the base.

10 2. The device of claim 1, wherein each leg includes a telescoping extension selectively movable between a first retracted position and a second extended position.

15 3. The device of claim 2, wherein each extension includes a locking mechanism for holding the extension in either of the first or second positions and for releasing the extension for moving between the first and second positions.

4. The device of claim 1, wherein each leg includes a stabilizing foot.

20 5. The device of claim 4, wherein the stabilizing foot is pivotally attached to the leg.

6. The device of claim 1, including a resilient support extending between the base and the punching bag.

25 7. The device of claim 6, wherein the resilient support comprises a coiled spring.

30 8. The device of claim 6, including a post attached to an upper portion of the resilient support, wherein the post supports the punching bag.

9. The device of claim 8, wherein the punching bag includes an internal cavity, allowing the punching bag to telescopically accept the post therein.

5 10. The device of claim 1, including a locking mechanism for holding the pivotal legs in first position and releasing the legs for moving between the first and second positions.

10 11. A portable punching exercise device, comprising:
a base;
a plurality of legs attached to the base and selectively pivotable between a first ground-engaging position and a second folded position; and
a padded punching bag resiliently fixed to the base; and
including a locking mechanism for holding the pivotal legs in the first
15 ground-engaging position and releasing the legs for moving between the first ground-engaging and second folded positions;
wherein each leg includes a telescoping extension selectively movable between a first retracted position and a second extended position.

20 12. The device of claim 11, wherein each extension includes a locking mechanism for holding the extension in either of the first retracted or second extended positions and for releasing the extension for moving between the first retracted and second extended positions.

25 13. The device of claim 11, wherein each leg includes a stabilizing foot pivotally attached to the leg.

30 14. The device of claim 11, including a resilient support extending between the base and the punching bag, the resilient support comprising a coiled spring.

15. The device of claim 14, including a post attached to an upper portion of the resilient support, wherein the post supports the punching bag.

5 16. The device of claim 15, wherein the punching bag includes an internal cavity, allowing the punching bag to telescopically accept the post therein.

17. A portable punching exercise device, comprising:

a base;

10 a plurality of legs attached to the base and selectively pivotable between a first ground-engaging position and a second folded position; and

a padded punching bag resiliently fixed to the base;

including a resilient support extending between the base and the punching bag; and

15 including a locking mechanism for holding the pivotal legs in the first ground-engaging position and releasing the legs for moving between the first ground-engaging and second folded positions;

20 wherein each leg includes a telescoping extension selectively movable between a first retracted position and a second extended position, each extension including a locking mechanism for holding the extension in either of the first retracted or second extended positions and for releasing the extension for moving between the first retracted and second extended positions.

25 18. The device of claim 17, wherein each leg includes a stabilizing foot pivotally attached to the leg.

19. The device of claim 18, wherein the resilient support comprises a coiled spring.

20. The device of claim 19, including a post attached to an upper portion of the resilient support, wherein the post supports the punching bag and the punching bag includes an internal cavity, allowing the punching bag to telescopically accept the post therein.